

Career Day Catalog

Please read through this catalog carefully before making your selections on line. There are many wonderful workshop categories from which to choose. It is organized by type of career, followed by the title. Often there are several courses available under each category of career. Each student will select **two categories** of interest. We will do our best to accommodate first choices. On Career Day, students will rotate through two workshops within their category of interest unless they have selected one of the two hour courses. To register for your courses, please do the following:

- 1. Read through the following course catalog and decide which two career categories to select.*
- 2. Log onto [Powerschool](https://ps.shrewsbury.k12.ma.us/public/home.html) <https://ps.shrewsbury.k12.ma.us/public/home.html> through the parent portal.*
- 3. Click on the link that says "Sports and Activities".*
- 4. Click on the link that says "Sign up for Oak Career Day".*
- 5. Click the button next to the category of your choice (you will make a first choice selection and a second choice selection).*
- 6. Once you make your selections, you will come to a screen that shows what you are signed up for.*
- 7. Some courses have a limit to the number students that will be accepted. Powerschool will automatically shut down that course once the limit has been reached.*

Course Catalog

Animals: The Pet Whisperers

Veterinary Medicine

Led by: Jen Harackiewicz, Mr. Hoey, and Mrs. Suri

Do you love animals? Do you someday want to help keep animals healthy? Then consider a career in veterinary medicine. Learn about the different roles in veterinary medicine from receptionist to technician to veterinarian. Hear about caring for a variety of animals and the education that is needed to enter this exciting field. You will learn about all the "hats" that veterinary medicine offers, from surgery to behaviorist to researcher!

Animal Adaptations & Conservation: Jungle Encounters

Led by: Mr. Lombardo and Mrs. Luukko

Understanding animal adaptations and their conservation has never been more important. Come learn about animals' unique features and how we can protect our natural environment in this hands-on presentation. Students will interact with live animals in order to promote meaningful discussion throughout this exciting workshop.

In Pursuit of the Pet Business

Led by: Mrs. Egan

Do you love pets? Do you love cash? Do you want to get a little exercise? Your love of animals could lead to some extra spending money for the summer! Pet sitting is a great way for you to turn your love of animals into money. Learn how to create a business plan, how to advertise your business and how to take great care of other people's furry friends.

Arts and Crafts: Ironworks

Colonial Metalworking

Taught by Mr. Beer

Want to create items using metals such as copper or tin? Mr. Beer is teaching the craft of colonial metal working in this unique workshop! Students in this workshop will learn about and use traditional metal working machines and procedures to manufacture their own candleholder made from copper or tin.

Automotive: Overhaulin'...all about cars

Overhaulin'

Led by: Mr. Fisher and Mr. Ahlin

Love that show Overhaulin'? Want to know how to make automotive magic happen? Come get your hands dirty by joining Mr. Fisher and Mr. Ahlin as they take you on a wrecking tour. Mr. Fisher will be bringing his tow truck, the state police Dodge Charger and his tools of the trade to show you the basics of fixing and maintaining your (future!) vehicle.

Business Administration: Mind your Own Business

Entrepreneurship and Yoga

Taught by Mr. Sam Goldman and Mrs. McGrath

What's it like to own your own business plus do what you love? Join Mr. Goldman, owner of Bikram Yoga Studios in Westboro and Auburn, as he tells his story of becoming a yoga studio business owner and helps students understand the ins and outs of owning your own business. Part lecture part, part question and answer session, and part active yoga class, this session will help you learn to follow your dreams and at the same time promote relaxation, awareness, strength, and flexibility in the body and mind. This is an active class so wear loose, comfortable clothing.

Starting an Internet Business

Led by: Mr. Paquette

Students will learn how to generate income through internet sales, establish a business profile and structure shipping practices and procedures. Assessing product condition and value through accurate photographic and written descriptions will be examined as well as a variety of different sales approaches used by both auction and direct sale sites. (Ebay, Half.Com, Amazon, Bonanza)

Banking

Led by: Mr. Jim Dupont and Mrs. Binder

Are you an entrepreneur? Planning to own your own business someday? Want to know how to go about acquiring start up money for your business venture? Join Mr. Dupont and Mrs. Binder in this informative workshop for the business minded individual. Let them help you understand how banks are a critical component to making your business a success!

Cosmetology: Make Me Beautiful!

Hair Designing

Led by: Mrs. Joubert and Mrs. Collins

Interested in a career in cosmetology? Join Mrs. Joubert for a lively discussion and interactive workshop on the art of hair designing. Learn what it takes to become a cosmetologist, how to create and find a style that frames your face, and what tools to use to create your very best you! Mrs. Joubert will also be demonstrating how to create different hair styles-whether you want braids, an up do, or to modernize your ponytail, this workshop is for you!

Make Up Artistry

Led by: Mrs. Wyman and Mrs. Luby

Did you know that cosmetology encompasses hair styling, hair coloring, nail technicians, estheticians, and make up artistry? Join Mrs. Wyman for part of Oak Middle School's Make me Beautiful campaign! Mrs. Wyman has been a licensed cosmetologist for over 20 years. She will teach you her tricks of the trade and her beauty secrets to keep you looking your best all year long!

Culinary Arts: Cupcake Wars

Cupcake Wars

Led by: Mrs. Wentzell, Mrs. McCarthy, and Mrs. Wallach

Have you ever wondered what it would be like to combine your culinary and creative talents together into a career? Come join us for cupcake wars where groups of students will be challenged to decorate cupcakes according to a theme. You will receive cupcakes, frosting, and decorating tools. You will need to design a display and decorate your cupcakes to impress the judges. Neatness, creativity, organization, and collaboration will be the keys to your success. **This is a 2 hour class.**

Education: Little Colonials

Bring on the Little People!

Led by: Mrs. Augusto, Mrs. Millette, Ms. Simone, Ms. Monica

Little Colonials Preschool is located at Shrewsbury High School. We provide a first school experience for children aged 3-5 yrs old while also providing an opportunity for high school students to learn about Early Childhood in a hands-on setting. We build in many opportunities for both groups of children to learn from each other. Our high school students learn about Child Development theory and see first hand how young children learn.

Education: Teacher, Teacher

I Wonder What it's Like to be a Teacher...

Led by: Mrs. Lewis and Mrs. Daly

In this workshop, you will learn the "inside scoop" about teaching. What is typical day like? What is a week like? What do teachers like and find challenging about being teachers? You will also learn about the process of becoming a teacher and keeping your teaching certification. You will also have a chance to discuss what you think the qualities of an excellent teacher are, as well as why you think you might want to be a teacher. **This is a 2 hour class.**

Engineers: Build This and Fix That

Building and Architecture

Led by: Mrs. Crockett and Mr. Sloan

Have you wondered how Sherwood or the High School was designed and who did it? We are so lucky to have one of the architects who designed Sherwood, Oak and SHS speaking to us. An architect is a person who is trained in the planning, design and oversight of the construction of buildings. It is very important that the architect has the right kind of training so that they don't design a building that falls down. Sound interesting and exciting? It really is and if it interests you, come to this workshop.

Research Engineering

Led by: Mr. Mort Zandi and Mrs. Rose

Are you fascinated by how things work? Do you love taking things apart to see what makes them tick? Do you often ask, "How do they make that" or "why did they use that stuff on this product"? From a computer, to a desk, to a package of sticky notes, they have all been through the materials science/product engineering department at a company. A materials science engineer is hard at work making everyday things work their best. Join us to learn about the science and engineering behind product development!

Aerospace Engineering

Led by: Mr. Tom Koertge and Mr. Dunn

So, you want to be a rocket scientist? Well, have you ever wondered how an airplane stays in the air and flies? Or, how airplane engines are designed, manufactured and assembled? Find out what you need to know to be part of this interesting and exciting field. Come learn how science and engineering are responsible for getting you to your favorite far away vacation spot!

Robotics Engineering

Led by: Mr. Sam Mirsky and Mrs. Murphy

R2D2 and C3PO are not the only robots who can solve problems...robots in today's world are revolutionizing the way products are manufactured, the way doctors diagnose and treat illness, and the way scientists explore space. Come find out about the nuts and bolts of robotics engineering!

Event Planning: Say 'Yes' to the Dress

Weddings 101

Led By: Ms. Poteete and Ms. Tombeno

Ever wanted to know what it's like to plan a wedding? Well then just say yes to the dress! In Weddings 101, you will learn about every aspect of what it's like to plan a major event. Enjoy an afternoon of dresses, flowers, venues and menus— come join two brides to be as we discuss the planning of the most important and special day of your life!

Wedding Cake Decorating

Led by: Mrs. Keenan and Mrs. Beaton

What's a wedding without cake? Join Mrs. Keenan and Mrs. Beaton as they take you through the art of cake decorating. Experiment with three different frosting techniques, understand how to layer a cake so it doesn't fall apart, and learn the basics of how to decorate a simple but elegant cake. Taste testing your creation will be part of this event.

Fire Sciences: Fire!! Fire!!

Firefighter 101

Led by: Shrewsbury Fire Department and Ms. Powers

Hard work, Dedication, and Courage! If this describes you, then join us on a trip to the Shrewsbury Fire Department to learn all about what it takes to be a firefighter and help people in need. The Chief and his crew will fill you in on what you need to do to join their team. We will also get a chance to tour the Shrewsbury Fire Station, as well as check out some of their cool equipment. **This is a 2 hour class.**

Funeral Services

Funeral Director

Led by: Mrs. Henry and Mr. Yonker

Have you ever wondered what a funeral director does for work? In this workshop you will travel to Britton's Funeral Home in town and learn first hand what a funeral director or undertaker does for tasks. The Funeral Director helps the family plan the funeral ceremony including embalming, dressing the body, and many more tasks. **This is a 2 hour class.**

Graphic Arts: We Can Just Photoshop That!

Graphic Design

Led by: Ms. Hadavi

Every time we look through a magazine or read a billboard, we are looking at the work of a graphic designer. Graphic designers combine art and computer technology to create images that are meant to communicate different ideas and convey certain messages. In this workshop students will have the chance to use Photoshop, which is one of the most impressive computer programs for editing images and creating graphic designs. After an introduction to the software, students will learn how to design and create professional looking magazine covers, using their own pictures! **This is a 2 hour class.**

Health and Fitness: Fabulously Fit

Let's Golf!

Led by: Tom Wironen and Mrs. Billings

Listen, learn and practice with a golf professional! In this class, not only will you get tips and career advice from a real golf pro, but you will also have a chance to practice and hone your putting skills! This class will be part lecture, part question and answer session, and part activity. **Note: Students should bring their own putter and pitching wedge to this activity.**

Kickboxing

Led by: Mrs. Barsom & Mrs. Bullock

A workout that does not feel like work. Encouragement and the PUSH that you need to have FUN!!! A great Kick Butt Fun Class!! It's Fast~It's Fun ~Its Work!! Tailored for all levels ~ Wear work out clothes and sneakers bring your water too!!! Everyone is Welcome!!! Come One Come All ~Let's Have FUN!!!

Fitness Management

Led by: Mrs. Yatim and Ms. McDonald

The field of sport and fitness management is geared towards helping individuals reach their fitness goals, while creating a business for themselves. In a sport and fitness management program, students learn business, sales, marketing skills and health and safety standards. More and more people are going to gyms now in order to stay fit. This means that sport and fitness services and programs are becoming more and more important. If you like to work out and may want to choose a career in fitness, this is the workshop for you.

Tennis Anyone?

Led by: Eric Pease and Mrs. Paddock

Have the opportunity to learn about what it takes to coach, teach and play at a high performance level. A hands-on approach with a nationally ranked player sharing the behind the scenes knowledge of how to become an effective and successful coach in a career you love. **Please bring your tennis racket to this workshop!**

Healthcare: Doctors, Nurses, and Dentists

Nursing: Service and Care

Led by: Sara Pierce and Ms. Pierce

Considering a medical profession, but not sure you want to be a doctor? Consider becoming a nurse! It is a necessary and expanding field. There are many different kinds of nursing and nurses can be found in many work environments. If you don't know much about the profession but it intrigues you, come listen to and talk with Sara Pierce, R.N, B.S.N, C.W.O.C.N, who has been an intensive care, obstetrical, emergency room, and surgical nurse. She has also done community outreach and education nursing and taught nursing courses. Mrs. Pierce is currently a wound care and infection control specialist. (Presentation will include pictures of real wounds, but they are no worse than PG-13 movies or some TV shows.)

The Surgeon Will See You Now

Led by: Mr. Buckley & Dr. McGuire

Meet a practicing surgeon taking part in her residency. Learn about the process to become a surgeon from high school choices through college, medical school, residency and fellowship. Discuss interesting cases and how surgical interventions were used to help save and/or improve lives. There will be hands on fun, interesting visuals and time for Q&A.

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Pediatrics

Led by: Dr. Samant and Mrs. Mulcahy

Have you ever wanted to work with children but you also dream of becoming a doctor? Why not think about becoming a pediatrician? Join Mrs. Mulcahy and Dr. Samant for this engaging and informative workshop on becoming a pediatrician. Understand the ins and outs of working with infants, children, and adolescents.

Orthodontics

Led by: Dr. Witt and Sra. Gielda

Interested in becoming a dentist? Want to specialize in an area of dentistry? Did you know that there are different kinds of orthodontists? Join Dr. Witt for an interesting discussion on his specialty, Orthodontics. Orthodontics is mostly concerned with the treatment of improper bites, and crooked teeth; however, some orthodontists choose to work on reconstructing the entire face rather than focusing exclusively on teeth. Maybe you already know him or maybe you just want to learn more about what he does...come meet the man behind your beautiful smile!

Journalism: Media Moguls

Media and TV Production

Led by: Mrs. Bodden and Mrs. Dushesneau

TV production can be a fast-paced and exciting industry. There are many different opportunities in production. They include creating shows for TV producers, writers, directors, cinematographers, camera operators, actors, hair and make-up artists, sound supervisors and editors. Hard work, long hours and a great attitude are required to be in TV production. In this workshop you'll learn all about TV production and how much fun it can be, even locally.

The World of Online Journalism

Led by: Ms. Corcoran and Mrs. Bedard

Do you think that you might like to be a journalist? Want to know more about it? Journalism is the investigation and reporting of events, issues and trends to a large audience. There are many variations of journalism including covering organizations and institutions such as government and business, cultural aspects of society and editing, photojournalism and documentary. Come learn more about journalism.

Law Enforcement The Law is the Law

K-9

Led by Officer Mentzer and assisted by Dr. Thompson

In this work shop Officer Mentzer will explain how dogs are selected, trained and utilized in police work. Officer Chysna and K9 "Buzzy" of the Shrewsbury Police Department K9 Unit will also be on hand to demonstrate some of their skills and answer questions.

Weston Police Department

Led by Officer Bird and Mrs. Bird

Ever wondered what it would be like to be a police officer? Join officer Bird for an engaging discussion about how to become a police officer. Officer Bird will discuss his college degree, the interview process, and academy training that helped him to become a police officer. He will talk about a normal day at his job. He will overview how a car stop is done and how testing is done for DUI. He will discuss other jobs that police officers can do in their career (such as investigation or court work).

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Law Enforcement 101: Department of Corrections

Led by: Mr. Bellemer, Mr. Greene, and Mr. Johnson

After the investigations and arrests, the trials and sentencing, serious criminals are sent to a correctional facility to pay for their crimes. The world that exists behind the walls of a correctional facility is stressful and often dangerous. Correctional officers work to maintain order and prevent disturbances, assaults and escapes of inmates while also supervising them as they live and work within the jail. Learn about the skills and training necessary to interact with and control the nearly 2,000,000 prison inmates in America.

CRASH!

Led by: Officer Fiske and Ms. Crosby

Put on your detective hat and join officer Fiske for this engaging live demonstration about how law enforcement officials reconstruct the scene of an accident during their investigations. Officer Fiske will be demonstrating some of his tools of the trade as he walks you through the scene after an accident has occurred. Look for clues and see if you can figure out who's at fault...

Military: Who Are You Going to Call?

Emergency Response in the Wake of Disaster

Led by: Mr. Paul Brissaillon and Mrs. Nikula

Paul R. Bissaillon, LCDR USCG (Retired) has served in many capacities within the United States Coast Guard's Incident Command System organization. His duties included serving as Task Force Leader for the USCG Boston Integrated Support Command Reconstruction Task Force during the wake of Hurricane Isabel, New York City Harbor surge Operations during Operation Atlantic Security III. He was part of the Management Assist Team where he responded to a type one oil spill, and helped with the aftermath of Hurricane Katrina. During these responses, he worked with the General Staff to produce response, security, and logistical plans. At this time he trains and works with many local industries in the development of their emergency response organizations. Paul is retired from the United States Coast Guard and works out of The Response Group's satellite office in Boston, MA.

Around the World with the Air Force

Led by Mr. Winters

Are you curious about the Armed Forces? Want to know more about the Air Force's role in military activities and peace keeping missions around the world? Then go around the world with our very own Air Force Veteran Mr. Winters for an engaging discussion about our armed forces! Mr. Winters has been deployed to many parts of the world during his time in the Air Force and has many interesting stories to tell! This discussion uses power point, video clips, photos and more to demonstrate all of the important roles that our armed forces play in the world community.

Music: Rockstar!

"Real" Rock Band

Led by Mr. Clark

For students who play drums, bass, guitar, piano, vocals. This workshop will involve a jam session with all of the instruments in a rock band. Music will be provided, however, students may bring to the jam session some songs of their own that they already know. Instrumentation: Drums, Bass, Guitar, Piano, Vocals. **This is a 2 hour class.**

Requirements: Your own instrument and at least a beginner to intermediate level of skill playing the instrument.

Photography | Art: Show Me Your Best Side...

The Fun and Exciting World of Professional Photography:

Led by: Mr. Joe Dolen and Mrs. Dolen

Lights, camera, action! What's it like to be a professional photographer? Join Mr. Dolen for this 2-hour workshop that will briefly introduce the art of photography, the different types of photography art, and how you can create your own career in photography. In this hands-on workshop, Mr. Dolen will be bringing his camera, lights, and gear for a real photo shoot complete with a souvenir photo for you to take home with you! **This is a 2 hour class.**

Rehabilitation Services: Specialize, Specialize

Physical Therapists

Led by: Mr. Messineo and Ms. Barrell

Steve Messineo, PT, DPT and owner of All-Access Physical Therapy and All-Access Fitness Academy will be presenting on the fields of physical therapy and fitness, as well as how combining the two of them will lead to a rewarding career. Steve will discuss how physical therapists help a variety of people overcome their injuries so that they can get back to doing what they want without pain. He will also discuss the benefits of health and fitness and how both therapists and fitness personnel play an important role in helping people stay healthy and avoid many of the different health conditions that can drastically affect their lives.

Speech and Language Pathologists

Led by: Mrs. Hamilton and Mrs. Arnold

Speech-Language Pathologists (SLP) evaluate and treat speech, language, communication, and swallowing disorders in people all of ages. SLPs may work in hospitals, schools, or rehabilitation centers.

Occupational Therapy Specialists

Led by: Mrs. Buxamusa and Mrs. Moran

Occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

Behavior Analyst

Led by: Mrs. Weiss and Mrs. Murphy

Want to make a difference in the life of a child? Have you ever considered working with children that have autism or other special needs? Come learn about how you can open doors for children who need the most support. Join Mrs. Weiss as she takes you on a journey to better understand children with communication disorders, autism, and special needs. She is a behavior analyst who works at The New England Center for Children, one of the world's foremost leaders on autism spectrum disorders.

Science: Crime Stoppers

Crime Scene Investigation

Taught by: Mr. Mullarella

Want to learn how to solve crimes? This intriguing workshop teaches you the basics of crime-solving. This active class walks you through the mechanics of dusting for fingerprints and uses real-life examples to explain scientific properties in a crime-scene setting! This is an active class so come prepared to investigate and solve the crime!

Science: Epidemics and Outbreaks

How did I catch that flu?

Led by: Mrs. Sandy Mayrand and Mrs. Johnson

Keeping people healthy is as important in the healthcare industry as helping people who are sick. This workshop will help you understand how and why certain practices in medicine are important in order to help prevent spreading infectious diseases. Students will learn firsthand, through a simulation, how easily germs (bacteria and viruses) are spread from person to person. Then by developing and doing several experiments, we will find what are the most effective ways to stop the spread of germs and stay healthy. A video will also show the many careers in science, technology, engineering and math that are available to students as they prepare to plan their future.

Science: It's All About the Hair

The Science of Hair

Led by: Mrs. Karen Mruk and Mrs. Scibelli

Do you wonder what hair is made up of? Do you want to know how to keep your hair shiny and healthy? Ms. Mruk is a research scientist and plans to teach you about all of this and more! She will show you what hair looks like under the microscope, hair from different ethnic groups, how hair looks after we blow-dry it, dye it, tease it and put it up in a ponytail. She will explain what the ingredients in shampoo and conditioner actually do and you will do a short experiment to learn how strong hair really is and how hair products actually work. **This is a 2hour class.**

Social Work: Baby Boomer Generation

COMMUNITY SERVICE

Led by Mrs. Gutekanst & Mrs. Depalo

Do you like reaching out to others and community service projects? Would you like to be a social worker someday? Then sign up to walk to the Senior Center near the Shrewsbury Town Hall. The Senior Center is a community building where senior citizen from town go to socialize and take part in a variety of activities. Come with us as we tour the center and learn about the jobs of the people who work there. See first hand what our seniors do for fun on a Friday afternoon. **This is a 2 hour class.**

Sports Management: The Sports Network

Coaching 101

Led by Mr. Kerwiga and Coach Larose

Are you all sports all the time? Ever think of making a career out of your love for the sport? If you have a love for sports, coaching is an excellent way to still compete after your playing days are over. You will create your own practice plans, design plays for your favorite sport, create conditioning drills for your team, and find out what it takes to have a successful coaching career.

More Than Just Making Calls

Led by: Mr. McCarthy and Mr. Ponticelli

Have you ever watched the Monday Night Football, the Superbowl or a college football game and wondered what it would be like to be the referee? Come enjoy this presentation by Mr. McCarthy who has officiated many sports games. Mr. McCarthy will explain how he became a ref, what qualifications and education you need and where he's been for games.

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Sports Officiating

Led by: Mr. Kelley and Mr. Burke

Have you ever watched the Rose Bowl, the Orange Bowl or major college football game and wondered what it would be like to be the referee? Come enjoy this presentation by Mike Kelley who has officiated big time college games. He's even met this year's Heisman Trophy winner, Robin Griffin III of the Baylor Bears. Mr. Kelley will explain how he became a ref, what qualifications and education you need and where he's been for games.

Celtics/Sports Career Workshop

Led by: Jim Davis of the Boston Celtics and Mrs. Davis

Have you ever wondered what its like to work behind the scenes in the NBA? Have you ever been curious about the job options that might be available in the sports industry? If so, then you'd definitely be interested in this workshop, led by Jim Davis (husband of Mrs. Davis), who has over a decade of work experience with major and minor league sports teams.

Video Game Design: Gaming

Video Game Designer

Led by: Mr. Pruett and Mrs. Pruett

Learn what designing video games is really like, and how to design a basic game of your own! Learn what all of the different positions at a video game company are and what it takes to get each job.

This class is open only to grade 8 students. This is a 2 hour class.

Web Design: Techies

Build Your Own Wikispace

Led by: Mr. Pizzuto

Interested in building your own webpage? This class will introduce you to Wikispaces - a great site for creating your first website. Come with ideas- a theme or topic that you'd like to build on - and we'll show you how to do the rest. **This is a 2 hour class.**

Computer Programming

Led by: Ms. Dufault and Zachary Broderick

Come learn about one of the most popular careers in the 21st century! We will teach you to program computer applications and games. This workshop is for students with all levels of experience. We will show you how computer scientists spend their day developing new applications. You will also be given the opportunity to try it out yourself! **This is a 2 hour class.**